Bridging the Gap

Abstinence-Only and

Returnersive Human Sexuality/

Returnersive Human Sexu

June 9-11, 2004 **Kansas City Airport Hilton** 

**Sponsored by:** 

Kansas Department of Education Missouri Department of Elementary and Secondary Education Missouri Department of Health and Senior Services Kansas Department of Health and Environment **Iowa Department of Education** 

# Featured Speakers

#### Deb Tackmann, M.E.P.D.



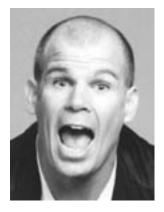
"Ms. Tackmann is a facilitator of knowledge, a builder of dreams and a person who makes a positive difference in our lives every day." That is what the students at North High School, in Eau Claire, Wisconsin say about their teacher, health education instructor, Deb Tackmann. A national speaker, Disney American Teacher Award Honoree, author, coach and recognized for her exemplary teaching methods workshops in over 20 states, Deb is passionate about what she does...she cares about kids, one student at a time.

David C. Wiley, Ph.D.



David Wiley is a Professor of Health Education at Texas State University in San Marcos, TX. A former public school teacher, Dr. Wiley has made over 100 presentations at local, state, and national conventions and workshops, has published over 30 articles in peer-reviewed journals, and has over \$1.2 million in grants. For four years he served as a school board trustee for the Hays Consolidated Independent School District in Kyle, TX.

#### **Keith Deltano**



Keith Deltano, the teaching comedian, has served and worked with young people as a military police officer, public school teacher, youth leader, private counselor, and as an educational comedian and storyteller. Keith attended the University of North Carolina at Greensboro and graduated with a Bachelor of Science degree in Elementary Education. Keith taught sixth grade from 1990 to 1996. He is a winner of the Teaching Excellence Award and is listed in Outstanding Young Men of America and Who's Who of American Teaching. He resides in Julian, NC with his wife and two young children.

# June 9, 2004

7:00 - 8:00 a.m.

#### Registration/Continental Breakfast

8:00 - 8:15 a.m.

#### **Introductions/Orientation**

8:15 - 9:30 a.m.

#### KEYNOTE

Bridging the Gap Between Abstinence Only and Comprehensive Human Sexuality Education: A Teachers Perspective Deb Tackmann, M.E.P.D.

Health Educator North High School Eau Claire, WI

With the present administration proposing to double spending on sexual abstinence only programs, and at the same time, more than 75% of parents are asking for accurate and honest comprehensive sexuality education, teachers often find themselves caught in the middle, struggling as an advocate for student needs, yet also worried about the possibility of losing their job! This presentation will offer suggestions related to how we can effectively bridge that gap, while empowering our youth with the knowledge and skills they need to be happy, healthy and successful in life.

9:30 - 9:45 a.m.

#### Break

9:45 - 10:45 a.m.

#### **Breakout Session #1**

# A. The Impact of Teen Beliefs and Sexual Behavior on the Increasing Rates of HIV/STDs Elissa M. Howard-Barr, Ph.D., CHES

University of North Florida Jacksonville, FL

This energetic presentation contains current information, interactive activities, and discussion to understand the current state of sexual behavior and beliefs among teens in the U.S. Participants will be actively engaged by addressing STD/HIV risks associated with conflicting sexual messages and varying definitions of abstinence and virginity. Current YRBSS data and the European model will be presented.

# June 9, 2004 (continued)

#### B. Wise Choices

Barbara Wise, B.S. Rick Wise, B.S.

Colorado

Barbara Wise..."in 1993, I tested positive for HIV and was given 2 weeks to a year to live. However, the creation of a three-drug therapy approach to combating HIV has extended that prognosis. As I tell my real life story of living with AIDS, people of all ages are impacted. I use my story to educate people on the consequences associated with being infected with HIV; offering hope, emphasizing the value of developing healthy relationships and promoting abstinence until marriage."

#### C. Queen Bees, Wannabees Sydney Sauer, M.S.

**USD 229** 

#### Overland Park, KS

Participants in this workshop will be introduced to the work of Rosalind Wiseman, the author of the groundbreaking book, Queen Bees, Wannabees. We will venture in the "Girl World" to analyze teasing, gossip, and reputations; alcohol, drugs, sex, boys; and how cliques set the stage for other intimate relationships. We'll examine how the power cliques play in a young girls' life can be a threat to her well-being as she makes the tough choices about intimacy, drinking, drugs and other at-risk behaviors.

# D. Teaching the Whole Person with Abstinence Education

#### Sandy Pickert, R.N., B.S.N., N.F.P.P., F.N P.

Thinking and choosing adolescents are capable and eager to grasp fundamental ideas of personal development in the realm of sexual health. Through the application of social-cognitive learning and whole person development concepts found in abstinence until marriage educational materials, youth can and do rationally grasp the value of refraining from sexual activity until involved in a permanently committed monogamous relationship.

### E. The Ulysses Story of Community Involvement in Comprehensive Human Sexuality Education Anita Mason, B.S.

Pastor Barry Durkee

#### Kelsi Trebelcock, Ulysses High School Senior

The story of a rural Kansas community and how they were ignoring risky behaviors of adolescents. Through a grant from the Kansas Health Foundation, Ulysses parents, schools, health professionals, teachers, faith communities, businesses, civic organizations, youth and mass media developed a comprehensive human sexuality education program. To evaluate decisiveness, the program promoted tolerance of multiple viewpoints and implementation of numerous programs.

# June 9, 2004 (continued)

10:45-11:00 a.m.

**Break** 

11:00-12:00 noon

**Breakout Session #2** 

# F. Developing Effective Parent Health Education Advisory Councils David Wiley, Ph.D.

Texas State University San Marcos, TX

Many of the topics associated with coordinated school health, specifically sexuality education, are potential lightening rods for controversy in many communities. One successful strategy for reducing the controversy and acrimony that accompanies sexuality education is the development of parent health education advisory councils. The purpose of this presentation is to present basic principles for the development of these councils, techniques for managing meetings, as well as successful advisory council models.

# G. Wise Choices Barbara Wise, B.S. Rick Wise, B.S.

Colorado

Barbara Wise..."in 1993, I tested positive for HIV and was given 2 weeks to a year to live. However, the creation of a three-drug therapy approach to combating HIV has extended that prognosis. As I tell my real life story of living with AIDS, people of all ages are impacted. I use my story to educate people on the consequences associated with being infected with HIV; offering hope, emphasizing the value of developing healthy relationships and promoting abstinence until marriage."

# H. Cultural Issues, Sexual Minorities and HIV Services

Sharon Goolsby, R.N., M.S.

Lawrence, KS

Educate providers regarding cultural issues within the nonheterosexual population and how those issues may impact HIV prevention and/or care services.

# I. Community Outreach Luis Galdmez

Structural program in English or Español to educate, empower and encourage teens and parents about the benefits of effective communication, character, education and abstinence before marriage. Also, educate them about the risks, realities, and consequences of a sexual lifestyle before marriage and give them hope for a bright future by making healthy decisions.

# June 9, 2004 (continued)

## J. Abstinence-Only Programs In Texas: An Overview of Evaluation Efforts Kelly Wilson, Ph.D.

Texas A & M University College Station, TX

Complex characteristics of abstinence-only programs and youth sexual behavior present a substantial challenge for schools. The purpose of this presentation is to examine evaluation efforts of the federally funded abstinence-only sexuality education initiative in Texas. Participants will examine factors related to program directors, program instructors, community and school administrators as well as youth intra- and interpersonal factors.

12:00 - 1:00 p.m.

Lunch

1:00 - 3:30 p.m. **Skills Session #1** 

## K. Teaching Methods for Middle School Human Sexuality

Carmen Hatfield, M.S.

**USD 353** 

Wellington, KS

A human sexuality curriculum for middle school should teach knowledge, behaviors, attitudes and skills that promote committed family relationships, healthful relationships, healthful sexuality, good character, and reproductive health. This session will provide you with unique, motivating hands on activities specifically to facilitate student thinking and involvement in the learning process.

# L. Parents Deserve More Than A Preview Night: How Schools Can Effectively Engage Parents In Sexuality Education

Barb Flis, B.I.S.

Health and Welfare Consultant Michigan Parent Teacher Student Association Michigan

Traditionally parents have had limited involvement in school-based sexuality education programs. In this session, participants will learn about Michigan's unique sexuality education program for parents sponsored by the state PTA in partnership with the Michigan Department of Education. They will leave with concrete strategies for how they can extend the borders of outreach to parents and at the same time build advocacy for effective sexuality education programs.

# June 9, 2004 (continued)

#### M. Active Learning: Activities That Teach Life Skills

Tom Jackson, M.Ed.

Utah

Students learn best by doing! Come and experience activities which can be used in a school, community or group setting to discuss critical life skills such as communication, working together decision making, goal setting, peer pressure, conflict resolution, etc. Too often when we address these topics it is through a lecture or a worksheet. Active learning is a fun and non-threatening way to teach these vital topics.

# N. He Said/She Says: Male-Female Communication

Dom Splendorio, M.S.

New York

Suzanne Doherty-Spicci, M.S.

New York

Participants will be given a "Sex-Talk Quiz" to help them understand the difference in male and female communication styles to determine if men are really from Mars and women from Venus. Differences in male/female communication styles in personal relationships will be explored. Appropriate secondary classroom communication activities will be shared that explore sexual harassment, healthy/unhealthy relationships, sexual responsibility, gender roles, and media analysis.

# June 10, 2004

7:00 - 8:00 a.m.

#### Registration/Continental Breakfast

8:00 - 8:15 a.m.

#### Introductions/Orientation

8:15 - 9:30 a.m.

#### **KEYNOTE**

"Painless" Strategies for Advocating for Quality Sexuality Education Programs to School Boards

David C. Wiley, Ph.D.

Professor

Texas State University

San Marcos, TX

Local school boards have a great deal of latitude in dealing with the level of support and commitment for coordinated school health (CSH) programs. Within the health education curriculum is the often-controversial subject of sexuality education. In many communities sexuality education has become a polarizing and divisive issue. Because of the volatile nature of the topic, many school boards either refuse to deal with the issue and/or leave in place poorly designed, ineffective sexuality education programs. The purpose of this presentation is to provide effective strategies for community members, parents, and teachers to work with local school boards in addressing sexuality education in a cooperative and mutually respectful manner. The end result of this cooperation is a sexuality education program that has "buy-in" from the community at large.

9:30 - 9:45 a.m.

**Break** 

9:45 - 12:00 noon

**Skills Session #2** 

#### A. Health Quickies

Dom Splendorio, M.S.

New York

Sal Chiariello, M.S.

New York

"Health Quickies" will involve participants in a wide variety of experiential activities in each of the major health education content areas, including mental health, alcohol/tobacco/other drugs, nutrition, icebreakers, wellness and healthy lifestyles, diseases and disorders, and human sexuality. A fun, interactive workshop, all attendees will receive a packet of complete standards-based lesson plans utilized in this dynamic presentation.

# June 10, 2004 (continued)

# B. Love and Sex: Understanding Relationships Cynthia Agaki, Ph.D., CHES

University of Kansas Lawrence, KS

A STI and teen pregnancy prevention health lesson for Grades 7-12, created in 1992. Pre/post testing shows an average 26.7% increase in student knowledge and decision making skills. This session will take you through the presentation and answer questions so you can teach the lesson, accessing it online at www.kansashealthteacher.org. Unique to the presentation is an active-learning tool, "relationship wallet card" for each student's purse or wallet

## C. Can We Talk About Sex and Character? Dominic Cappello

Utah

An interactive workshop designed to give attendees hands on experience presenting information about sexuality, health, character and keeping safe. This innovative workshop will include large and small group work, interactive communication activities and creative writing and/or drawing.

## D. Innovative Teaching Techniques for Teaching Sexual Assault and Date Rape, and The Associated Risks of HIV/STDs

Elissa M. Howard-Barr, Ph.D., CHES

University of North Florida Jacksonville, FL

This interactive presentation is packed with innovative teaching techniques providing content, prevention strategies, and referral skills for sexual assault. Participants will be actively engaged by addressing the high risk of sexual assault in the U.S. for both women and men.

Noon - 1:00 p.m.

Lunch

1:00 - 3:30 p.m. **Skills Session #3** 

# E. Totally Awesome Teaching Techniques In Human Sexuality Education Deb Tackmann, M.E.P.D.

Eau Claire, WI

Beach balls, bowls of milk, colored string, dice and a plethora of other creative modalities will be used to demonstrate how this highly interactive and hands-on workshop can help you energize your classroom, while empowering your students with the knowledge and skills they need to make healthy choices about their sexuality in the 21st century.

# June 10, 2004 (continued)

### F. Are You An Askable Teacher? Denise Seabert, Ph.D.

Ball State University Muncie, IN

How are babies made? When am I going to start my period? Does a penis have to be a certain size to work? Teachers are often caught off guard by such questions, not knowing how to respond. This session will help participants develop skills for responding to difficult questions from students regarding controversial or sensitive sexuality topics.

### G. Human Sexuality: Teaching and Learning In The Elementary Grades Cindy Symonds, D.Ed., CHES

Professor, Health Education Past President, American School Health Assn. Kent State University Kent, OH

In the face of mandates to improve academic outcomes for all learners, conflicting community standards, and the potential for controversy, the sexual health needs of students particularly in the elementary grades often are ignored or become the focus of teaching and learning that does not represent best practice. Participants in this session will review a foundation for curricular decision-making designed to promote sexual health and reduce the risk for community resistance. Finally, a number of experiential learning activities and resource outlets will be explored.

### H. Investing In Your Communities...Knowledge, Skills and Attitude About Sex, Drugs and Rock and Roll

JoAnne Owens-Nauslar, Ed.D.

Lincoln, NE

This session will focus on the ways that schools and communities can collaborate to insure children and families understand school's role in prevention education. We can all be better informed and our children will be the benefactors.

# June 11, 2004

7:00 - 8:00 a.m.

#### Registration/Continental Breakfast

8:00 - 8:15 a.m.

#### **Introductions/Orientation**

8:15 - 9:30 a.m.

#### **KEYNOTE**

Abstinence Is Cool Keith Deltano, B.S.\*

North Carolina

Abstinence is Cool (or Making Abstinence Fun) is a show recommended for sixth through twelfth grade students. Keith will take this topic head on with humor, energy, and facts. He will actually equip young people with things to say and do to help them handle the pressures of their peers and today's society. Abstinence is Cool will force the youth to confront the harsh risks of sexual activity and teaches kids why saying no to sex is the best option.

\*Sponsored by the Iowa Department of Public Health SPRANS Abstinence Education Project through HRSA (Health Resources and Services Administration)/MCHB (Maternal and Child Health Bureau.)

9:30 - 9:45 a.m.

**Break** 

9:45 - 12:00 noon

**Skills Session #4** 

# A. Communication To Enhance Personal, Family, and Community Health

Gary English, Ph.D.

New York

Amy DeRiso, B.S.

New York

Learn hown to provide your students with effective communication skills to assist them in avoiding risky sexual behaviors. Participants will learn how to incorporate effective assertiveness techniques, refusal skills, as well as helping students to learn strategies for overcoming health-related communication barriers. Student-centered approaches will be emphasized. By implementing these strategies students will be better prepared to face difficult situations regarding risky sexual behavior, resulting in their ability to make better decisions regarding their health.

# June 11, 2004 (continued)

# B. Making Virginity Possible: Empowering Parents"

Keith Deltano, B.S.

North Carolina

Keith will talk about how to get parents to an after school abstinence education event as well as what to tell them when they get there.

## C. Teaching Techniques Su Nottingham, M.A. Al Craven, MSc.

Michigan

Sexuality education must be student centered, realistic, and fun! Movement, interaction and manipulatives are central to this workshop where participants leave with an innovative, usable ideas for love, abstinence, relationships, writing across the curriculum and communication skills. These strategies are applicable for middle and high school students and may easily be adapted for younger students and outside of sexual health education. A high energy session that delivers what educators need to help their students grapple with this topic in a non-threatening manner.

#### D. Panel on Abstinence Grants – Iowa, Missouri, Kansas

Representatives from organizations providing abstinenceonly education in Kansas, Missouri, and Iowa will describe their programs along with the challenges and successes they have faced. Participants will be encouraged to ask questions and foster debate and discussion on the pros and cons of abstinence-only education.

Noon

Box Lunch/Adjourn

# Conference Overview

At the end of the conference, participants will be able to:

- Identify and describe effectiveness of abstinence-only and comprehensive human sexuality education programs
- Describe how teachers can "bridge the gap" between abstinence-only programs and comprehensive human sexuality education programs to assist youth in becoming happy, healthy and successful in life.
- Describe how to advocate for quality sexuality programs to school boards
- Identify ways to equip young people with things to say and do to help them handle the pressure of their peers and today's society.

#### **Target Audience**

This conference is designed for teachers, school nurses, prevention and care providers, administrators, health professionals, community health planners, physicians, counselors, persons from community-based organizations, members of the faith community, social workers, parents and public health individuals.

#### Accreditation

CEU's will be available for nurses. This program is approved for 15.25 hours of continuing education units through Blue Valley Special Services Ito 174-0261

CHES credits are also available.

Graduate credit through Emporia State University will be available on site, June 9, 2004 at an additional cost.

#### **Registration Information**

- In order to receive a letter of confirmation, registrations must be received by June 1, 2004. Confirmation letters will be sent or e-mailed to those who register by this deadline.
- Registrants requiring special accommodations to more fully participate in the conference may contact Dr. Darrel Lang at (785) 296-6716. We will do everything to accommodate you.
- Casual dress is appropriate. To accommodate temperature variations at the conference, please bring a sweater or jacket.
- · No refunds for cancellations.

#### Lodging

The Bridging The Gap Between Abstinence-Only and Comprehensive Human Sexuality Education Conference, will be held at the Kansas City Airport Hilton, 8801 NW 112<sup>th</sup> Street, Kansas City, MO 64153. A block of rooms has been reserved for conference participants at the following rate: \$85 plus applicable taxes per room per night. Cutoff date for the room block is May 15, 2004. To make your reservations, please call the hotel at (816) 891-8900. Be sure to mention that you will be attending the Human Sexuality Education Conference: Code HSE sponsored by the Kansas Department of Education.

#### **Fees**

Registration fees cover all materials, including conference CD; continental breakfasts, refreshment breaks, and lunches.

By May 15, 2004 \$225 After May 15, 2004 \$275

#### **Directions**

The Kansas City Airport Hilton is located at 8801 NW 112<sup>th</sup> Street, Kansas City, MO. 64153 It is located approximately 5 minutes from the Kansas City International Airport. A free shuttle is available from the Hilton for those individuals arriving by air.



# Bridging the Gap Between Abstinence-Only and Comprehensive Human Sexuality Education

# **Registration Form**

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Work Address												
City, State and Zi	р											
Workshop												
Please circle one	session for	each tin	ne slot that	you plan to attend.								
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June 10, 2004												
9:45-12:00 noon - Skills Session #2						1:00-3:30 p.m Skills Session #3						
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Registration Fee	\$225		sistration de	eadline May 15, 2004)								

Dr. Darrel Lang Kansas State Department of Education 120 S.E. 10th Avenue

Topeka, KS 66612-1182